

Hanging Ten ... At La Jolla Shores

What better way to start the day than surfing in the Pacific Ocean with dolphins swimming in the distance? Although the waves were tough and challenging, that did not stop teams Titan and Vulcan from getting the “stoke” of riding the waves. While team Titan enjoyed the first round of water instruction, team Vulcan was getting amped on the beach.

The instructors and volunteers were very patient and gently coaxed first-time surfer Laura Cieszynski into the cool water. Cieszynski, a 33-year-old Air Force Veteran from Milwaukee, Wis., who was able to stand on her first try, said “surfing is one of the neatest things, next to skydiving!” Eighty-eight-year-old World War II Army Veteran Julius Fleischman also sees the similarity. “The thrill is nearly the same as skydiving,” he said. Even Charlie, Fleischman’s service dog, experienced the thrill of surfing and looked like a natural on the board.

The afternoon session included the competition round, where participants could hang ten and ride the waves to the shore. Each time they rode a wave all the way in without falling off the board, a point was added for their team. Claudia Perry, a 33-year-old Air Force Veteran from Silver Spring, Md., described surfing as “The best thing I have ever done!” Perry, who is visually impaired and also a surfing rookie, said that it was a little scary not being able to see the waves coming, but she was up for the challenge. Perry knows all too well that trust in those around her providing instruction and support is critical to her success – not only at the Clinic this week but in everyday life as well.

Mike Kabat, 61, a combat Veteran of Vietnam from Onalaska, Wis., was injured in a bicycling accident. According to his wife Debbie, until two years ago Mike was “always an ‘on the edge’ kind of guy.” A marathon runner and cyclist prior to his injury, he was left a quadriplegic and went into cardiac arrest. Watching her husband surf brought tears to her eyes. “It’s pretty cool,” she said. And the smile on Mike’s face was priceless.

A Word from Health Net...

Health Net proudly supports the 2010 National Veterans Summer Sports Clinic (NVSSC). Our commitment to Veterans, military service members and their families is more than a natural extension of our service as a health care contractor to the Departments of Veterans Affairs (VA) and Defense. It is the culture among Health Net employees who carry with them pride and ownership in serving and improving the quality of life of those who are serving, have courageously served and their family members who serve alongside them.

At the Clinic this week, Health Net has brought behavioral coaches to provide educational presentations and supportive coaching. Their focus is on working with participants and their care givers to address issues related to returning home and

reintegration, as well as utilizing VA services and identifying where and how to access them. These coaches use a collaborative coaching process that is action-oriented and aimed at behavioral change, empowering Veterans to take action to bring the skills they have learned and their positive experiences home with them.

For over 22 years, our corporate culture has been to not just say that we support our Veterans and service members' service and sacrifice, but to show it. The NVSSC is an event in which Health Net is honored to partner as it allows our employees to engage and demonstrate thanks and appreciation, first hand. For those of our employees that don't attend the Clinic, this gratitude can be witnessed in our call centers, our walk in centers, our clinical teams and across all areas of our operations nationwide.

Thank you for the opportunity to serve you this week in San Diego!

Block Party Tonight!

Great food, great music and great friends!

Plan on being at Embarcadero Park this evening at 6:30 p.m. for a special evening celebration, "For Love of Country." Come dressed to show your personal expression of the theme!

The great food is being prepared by Kansas City Barbeque, site of the Tom Cruise movie, "Top Gun!" The menu includes pulled pork, brisket and three sides. A special thank you to Veterans Canteen Service for providing our food this evening.

The great music starts with local band "Cash'd Out," presented by a local organization called "Miss Mission Beach," headed by Michael Herritt and Burt Brigida. (They also provided the sound equipment.) Get ready to enjoy the music of Johnny Cash as presented by this outstanding local band. The music starts at 7 p.m.

That is only the beginning of the musical entertainment – country music star Barry Michael and his band have planned a special concert just for you and your family. They will be performing his hit song, "Heroes and Angels" as well as songs from his album, "Ripped Blue Jeans & ATVs." Michael, who sang the national anthem at the Opening Ceremony, along with his band, are being sponsored by Health Net.

A special shout-out to Kleege Industries for providing the stage and Clairmont Equipment Rentals for providing the generator.

The great friends are provided by you. Come and enjoy – the music lasts until 10:30 p.m.

Connect With VA

VA has gone viral!

Follow the links at www.va.gov, or go to www.summersportsclinic.va.gov to find content you can't get anywhere else. We will post daily video highlights, news releases, photos and important information about the activities surrounding the National Veterans Summer Sports Clinic. Share your amazing experiences with other Veterans, your family and friends!

Schedule of Today's Events

Wednesday, September 22

Time	Event	Location
8:30 a.m. – 3 p.m.	Track & Field Team Titan and Team Vulcan	Chula Vista Olympic Training Center
8:30 a.m. – 4 p.m.	Surfing Team Olympus and Team Calypso	La Jolla Shores
9 a.m. – 4 p.m.	Kayaking Team Neptune and Team Apollo	Mission Bay Yacht Club
9:30 a.m. – 4 p.m.	Cycling Team Poseidon and Team Mercury	Silver Strand State Park
11:30 a.m. – 5:30 p.m.	Sailing Team Nautilus and Team Phoenix	San Diego Harbor
5:30 p.m.	Mandatory Lead Staff Meeting	Santa Rosa Room
6 – 10 p.m.	Massages for Participants	Laguna Room, South Tower Level 1
6:30 – 10:30 p.m.	Block Party for Participants	Embarcadero Park

Bus Schedule

Buses begin loading approximately 15 to 30 minutes prior to listed departure times.

Session	Event	Times
a.m.	Surfing	board at 7 a.m. depart at 7:30 a.m.
p.m.	Surfing	board at 3:15 p.m. depart 3:45 p.m.
a.m.	Kayaking	board at 8 a.m. depart at 8:30 a.m.
p.m.	Kayaking	board at 3:45 p.m. depart at 4 p.m.
a.m.	Track and Field	board at 7 a.m. depart at 7:30 a.m.
p.m.	Track and Field	board at 3 p.m. depart at 3:15 p.m.
a.m.	Sailing	board boats 11:45 a.m. depart at noon
p.m.	Sailing	board boats 3:30 p.m. return 4:15 p.m.
a.m.	Cycling	board at 8:30 a.m. depart at 9 a.m.
p.m.	Cycling	board 3:45 p.m. depart at 3:45 p.m.

Medical Room

For life threatening emergencies, call 911. Medical care is available twenty-four hours a day, every day at the Clinic.

The medical room is located in Marriott Hotel, Room 318, 3rd Floor in the North Tower. A nurse or doctor will be on duty from 7:30 a.m. - 8 p.m. daily. If for some reason the nurse is not in the room, please call (858) 642-1683; or (858) 642-1684.

- The nurse's on-call number: (213) 216-4710
- The doctor's on-call number: (213) 216-4720.

Host Room

Participants who have questions or need assistance at the hotel should go to the Host Room in the Point Loma Room, South Tower, Level 1. Today through Friday, hours will be 7 a.m. - noon; and 1 - 5 p.m. Host Room phone number is (858) 642-1686.

Prosthetics and Wheelchair Repair

There is not going to be a central location for wheelchair or prosthetic repair at the Clinic.

For issues or problems, call the NVSSC general help line (858) 642-1699 and request Prosthetics or Wheelchair Repair.

Massage

Massage for Clinic participants will be available today through Thursday, 6 - 10 p.m. in the Laguna Room, South Tower, Level 1. To schedule an appointment call (213) 216-4805.